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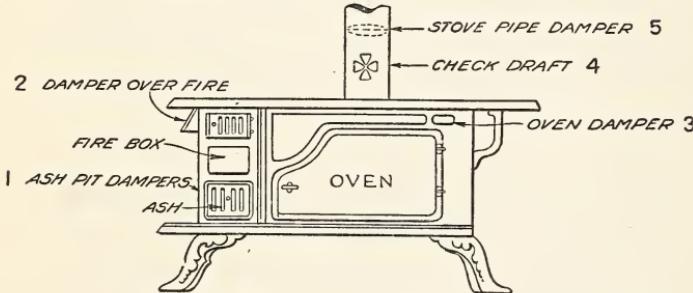
MAR 29 1918

SAVE FUEL WHEN YOU COOK.

WHATEVER fuel you use, make it go as far as possible. Money saved on fuel can well be spent on better foods to cook, and if you cut down your use of fuel, you can help make the supply go around.

To have a fire you must have, besides fuel, air to make it burn. In gas and oil stoves the air supply is regulated by the makers. In coal or wood ranges or cook stoves you must regulate it by means of dampers.

WAYS TO SAVE COAL OR WOOD.



Learn to Use Every Damper in Your Kitchen Range.

The important dampers are:

1. *Damper in the ash pit* which lets in the air which passes through the fuel box, making the fire burn.
2. *Damper over the fire* controlling air to flow in above the fire.
3. *Oven damper* which switches the current of hot air around the oven instead of letting it go by the shorter path up the stovepipe.
4. *Check draft damper* in the stovepipe just above the range. This is not always found and is less important than the rest.
5. *Stove pipe damper* which checks heat from escaping up the chimney.



Make your Fire the Right Way. To make a fire in a range, whether coal or wood, close all dampers of the stove and shake the fire-box to free it from ashes, dust, and clinkers. Take off the lids over the fire-box, place crumpled paper in the fire-box, arrange kindlings over and around it so that air can pass freely between them, and put on a small shovelful of coal. Light the paper, open dampers Nos. 1, 3, and 5, and put on lids. When the coal glows red, a little more coal should be added, and when the fire is burning well, the fire-box may be filled. If wood is used as fuel, put on a few sticks at a time.

Learn to Manage the Fire. By the proper use of the dampers the fire can be controlled and the heat regulated.

No. 1. *The damper in the ash pit.* This should always be kept open when the fire is burning as it is the best source of air for the fire. Close it only when you dump the grate and when the fire is banked to keep it for some time. However, if there is no stovepipe damper, the damper in the ash pit must be closed to check the draft when the fire burns too hard.

No. 2. *The damper over the fire.* Close this when you are starting a fire. If the fire burns too rapidly so that the flames are long enough to reach the back row of lids, open this damper a little bit. This will shorten the length of the flame and give you more heat. If you open this too much it may cool the oven.

No. 3. *The oven damper.* When this damper is closed the flames and smoke and hot air are forced to pass around the oven to heat it and then afterwards they escape up the chimney. When the damper is open they pass directly up the chimney. As soon as the fire is burning well, close this damper so that the oven will be heated. This will keep the oven so that you can make it very hot quickly by adding extra fuel and will warm your room if the oven door is left open. With this damper closed you will use much less fuel than by allowing the heated air to take the shorter path up the chimney.

No. 4. *The check draft damper in the stovepipe.* It should be kept closed except when the fire is banked.

No. 5. *The stovepipe damper.* This is a most important damper. It can control the amount of fuel burned, as the more slowly the hot air passes up the pipe, the more slowly the fire burns. A great deal of the fuel sometimes merely furnishes heat that escapes up the chimney. Check this escape of heat and burn less fuel by using the pipe damper. If your fire is burning too hard, instead of closing the damper in the ash pit, close the one in the pipe, for it checks the fire much more effectively than the other damper.

If your oven does not heat even with the oven damper closed, it is probably because the air carried around the oven has been pulled through the fire so fast that it has not been thoroughly heated itself and can not heat the oven. Close the pipe damper.

Keep your Range Cleaned Out. If the fire-box is clogged with ashes, air can not pass through the fuel to make it burn. If soot hangs on the stove lids, less heat can come through it. A layer of ashes over the top and under the oven keeps it from heating quickly.

Banking the Fire. It is an economy to keep a hard-coal fire over from day to day, especially if the range is used as a source of heat for the room. As a rule a wood fire is hard to keep over but the hard-coal fire can be easily kept. In the evening rake out the ashes, put coal on, and open the dampers until the fresh fuel is burning well. Put on coal until the fire-box is almost full and close all the dampers except the check draft damper in the stovepipe.

Think of the Fire When You Select the Food to Cook. If you keep a slow fire in your range all day to supply heat for the room, select foods that require long slow cooking. Baked beans or peas, roasts, and puddings can be baked in the oven and cereals cooked in a double boiler on the back of the stove. Avoid foods that require a very hot fire for a long time.

Gas, Kerosene or Coal Oil, and Gasoline are economical for cooking if carefully used. Never mix two liquid fuels and never use gasoline in an oil stove, for each requires a special burner. Use all with care.

U. S. DEPT. OF
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ADMINISTRATION

MAR 2 1918

WAYS TO SAVE GAS AND OIL.

Reduce the Number of Burners Used. You can cook more than one kind of food over the same burner. If you have a colander or a wire basket that fits over an ordinary kettle, you can steam such vegetables as carrots or squash in the colander at the same time that you boil potatoes in the kettle. The under part of the double boiler can be used to boil eggs or small vegetables, while cereal cooks in the upper part. Compartment vessels that have two or three separate divisions fitting together over one burner may be purchased.

Regulate the Size of the Flame. Turn the flame down after the boiling point is reached, for water that is boiling fast is no hotter than water that is boiling slowly. When the flame spreads up around the vessel you are wasting fuel.

Don't be Afraid of Relighting the Gas. Turn it out when you remove the vessel from the burner. Matches are cheaper than gas.

Have a Regular Bake Day. If you bake bread, bake as much at one time as will be eaten before it dries out.

Don't Light the Oven to Bake a Single Dish. If you have a roast for dinner that requires the use of the oven, plan a baked dinner. Beef roast with brown potatoes, scalloped tomatoes, and Apple Betty all could be baked at one time. Or, if you light the oven to bake quick breads or cake, bake fruit or a dessert for another meal. Small ovens that fit over one burner save fuel.

Select foods that can be quickly cooked. Cook in larger quantities such foods as cereals and soups that require long cooking. They will keep in the refrigerator and you will save much fuel. Leaflet No. 13 tells how to make a fireless cooker at home and how to use it to cut down your use of fuel. No matter what kind of fuel you use, the fireless cooker can help you save it.

